MUSIC THERAPY: PROMOTING HEALTH & WELLNESS IN OUR COMMUNITY THROUGH MUSIC

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“Empowering lives through music”
CREATING A CONTINUUM OF CARE: CATEGORIES OF ARTS IN HEALTHCARE

1. Environmental Practices
2. Educational Practices
3. Diversional Practices
4. Social/Community Building
5. Supportive/Expressive
6. Therapeutic

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DEFINING MUSIC THERAPY

The clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program

(American Music Therapy Association, 2015)
POPULATIONS

- Neonatal
- Early-Intervention
- Pediatric
- Schools
- Mental Health
- Memory Care
- Special Needs
- Geriatrics
- Addictions
- General Medical
- Labor & Delivery
- Oncology
- Corrections
- Veterans
- Rehabilitation
- Surgical
- Preventative Health & Wellness
- Hospice
- Bereavement
Playing, listening to, and creating music involves practically every cognitive function. Music can teach us about speech, brain plasticity and even the origins of emotion.

“Music is the food of neuroscience.”

R. Zatorre, Nature, 2005
The brain processes and uses each “part” of differently:

- **Beat/Rhythm**
- **Melody**
- **Duration**
- **Tempo**
- **Timbre**
- **Text**

### Music and the Brain

- **Corpus Callosum**: Connects both sides of the brain.
- **Sensory Cortex**: Controls tactile feedback while playing an instrument or dancing.
- **Auditory Cortex**: Listens to sounds; perceives and analyzes tones.
- **Motor Cortex**: Involved in movement while dancing or playing an instrument.
- **Prefrontal Cortex**: Controls behavior, expression and decision making.
- **Hippocampus**: Involved in music memories, experiences and context.
- **Visual Cortex**: Involved in reading music or looking at your own dance moves.
- **Nucleus Accumbens & Amygdala**: Involved with the emotional reactions to music.
- **Cerebellum**: Involved in movement while dancing or playing an instrument, as well as emotional reactions.
Implementing a Palliative Medicine Music Therapy Program: A Quality Improvement Project

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Abstract

Objectives: Recent evidence suggests that music therapy, a holistic method of care, potentially is beneficial for symptom management. This quality improvement project aimed to evaluate the effect of music therapy on symptom management and coping skills of patients receiving palliative care and to measure patient satisfaction with the therapy. A secondary aim was to evaluate staff perception of patient outcomes of music therapy services. Methods: Palliative care clinicians attended a 30-minute education session on music therapy before the project was initiated. Study participants were patients and their families who were cared for by the inpatient palliative care consulting service at Mayo Clinic (Rochester, Minnesota) from June 1 through December 31, 2016. Patients were eligible if they required ongoing management of pain and anxiety or needed adaptive coping strategies. Patients and families were asked to complete a survey after each music therapy session. Staff were asked to complete a survey after completion of the project. Results: Music therapy was provided to 57 patients and 53 family members. Patient surveys indicated a decrease in anxiety and pain. All patients reported that music therapy facilitated stress relief, relaxation, pain relief, spiritual support, emotional support, and a general feeling of wellness. All participants recommended music therapy services for others. Palliative care clinicians reported that music therapy added value as a holistic service. Conclusions: In this quality improvement project, music therapy positively affected multiple domains of well-being for patients receiving palliative care.
MNHPC Weekly Update March 13, 2019

In Hospice and Enjoying Life

Matthew Stolle for the PostBulletin
February 20, 2019

The following article was published in the February 20, 2019 PostBulletin. Special thanks to Mayo Volunteer Coordinator, Amy Stepflug for sharing the article, who said, "It is a is a great great example of how hospice and music therapy can help a person at end of life as well as a great tribute to this lady and her amazing outlook on life. We learn so much from our patients."
COMMUNITY PARTNERSHIPS
RESOUNDING VOICES

Celebrating the full potential of people living with dementia